



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Janos Pruzsina (34y) 

has successfully competed in

2nd Hungarian Ice Swimming National Championship 2.
Magyar Jegesúszó Országos Bajnokság
MOM Sport, Budapest, Hungary

25-Jan-2026

100m Freestyle in 01:03.10 minutes

Overall 1st / Age Group (35-39y) 1st
Category Men

Certified Pool Course

Water 3.83°C, Wind Chill 1.00°C, Altitude 100m, 47.49° N



Ram Barkai
IISA Chair

Hungary
Chair & Board

